

# When should you get your flu vaccination?

## People at high risk of severe illness if they get influenza

- **65 years old or older**—even if you're in great health!
- **Children 6-23 months old**—  
Children younger than 2 years old have one of the highest rates of hospitalizations from influenza
- **Adults and children with a chronic health condition**, like heart disease, diabetes, kidney disease, asthma, cancer, and HIV/AIDS
- **Women more than 3 months pregnant during flu season**, which is typically November through March

## People who can give the flu to those at high risk

- **Household member or caregiver of someone at high risk**
- **Health care workers**
- **Household member or caregiver of a child under two years old**—Infants under 6 months old are too young to get vaccinated, so you must help protect them.

## Children getting their very first flu immunization

- **Children 6 months to 8 years old**, getting their first flu protection, will need a booster dose one month after the first dose of vaccine.

## Persons aged 50-64 years

## Anyone who wants to prevent the flu



Department of Health  
and Human Services  
Centers for Disease Control  
and Prevention



For more information, ask your health care provider or call the CDC IMMUNIZATION HOTLINE  
English **800-232-2522** Español **800-232-0233** Website [www.cdc.gov/nip/flu](http://www.cdc.gov/nip/flu)